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Your essential daily news TUESDAY, MAY 9, 2017 High 9°C/Low 4°C Mostly cloudy

WAGE LOVE!

RECONCILING TORY AND WYNNE

IT'S NOT IMPOSSIBLE: HERE ARE 4 TIMES T.O. MAYORS, PREMIERS GOT ALONG — AND EVERYONE BENEFITTED

metroNEWS

PUBLIC SAFETY

Dear daredevils, stop climbing cranes: Police

Gilbert Ngabo
Metro | Toronto

Toronto police's plea to the public: Stop climbing the damn cranes.

"It's an unsafe practice, it's not allowed, none of the people that own these buildings would allow anyone to climb up there," said police spokesperson David Hopkinson.

The practice of climbing up construction site cranes seems to have increased in Toronto since a woman was rescued from the sky in dramatic fashion nearly two weeks ago.

This Sunday a trio of teenagers were spotted on a crane atop a construction site near Bayview and River. The caller who alerted police said the youth were even throwing things down. But by the time officers and fire crews arrived at the scene, the offenders had already climbed down and fled.

Hopkinson said climbing the cranes appears to be part of a worldwide phenomenon, much like rooftopping or slacklining. They're all habits in which people go to extreme heights to take pictures or video and sometimes perform stunts.

"It's a criminal offence to break into a construction site," he said. "Simply put, we need people to stop it."

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More troops, sandbags headed to flooded areas of Quebec, Ontario. **Canada**

Premier Mike Harris and Mayor Mel Lastman recognized that the waterfront revitalization pitched as the centrepiece of a Toronto games was a good plan.
ISTOCK

Better together

Great things happen for the city when premiers and mayors team up

WAGE LOVE!
RECONCILING TORY AND WYNNE

David Hains
Metro | Toronto

We've seen this story before. The mayor of Toronto complains — often with merit — about the lack of provincial funding.

The premier of the day scolds Toronto, which plays well in the rest of the province.

It's good optics for both people, but nothing gets done.

And that's where we're at as John Tory lobbies Premier Kathleen Wynne for social housing and transit funding. But the truly great moments are when the mayor and premier join forces to do the right thing. Here are four instances in which that happened:

St. Lawrence Market housing

It's hard to believe today, but the St. Lawrence Market neighbourhood was once kind of a dump. With federal funding available, Toronto's reform council saw an opportunity in the 1970s.

Together, the likes of then-councillor John Sewell and mayor David Crombie led the way.

Not wanting to be left out, the province took note and contributed funds, too. Today, St. Lawrence Market is seen as affordable housing done right.

Toronto cultural renaissance

From 2003–2010, Toronto saw a huge surge in arts and culture buildings.

There was the Frank Gehry AGO, the TIFF Bell Lightbox, the OCAD building on stilts and the ROM's controversial crystal addition. This wasn't a coincidence. It was based on political leadership by David Miller and Dalton McGuinty as well as work by city staff such as Toronto's 2003 Culture Plan for the Creative City.

Waterfront Toronto

The arms-length agency was born from Toronto's failed bid for the 2008 Olympic Games. All three levels of government, including Prime Minister Jean Chrétien, Premier Mike Harris and Mayor Mel Lastman, recognized that the waterfront revitalization pitched as the centrepiece of a Toronto games was a good plan.

So they decided to do it anyway.

Transit City

Oh, what could have been. With research from the University of Toronto, David Miller's administration saw that a lack of access to jobs and services in the city's inner suburbs made inequality worse. He put together Transit City, a once-in-a-generation plan that would provide a network to most parts of the city.

And remarkably, premier Dalton McGuinty agreed to fund it.

That is, until other political priorities took over, and then Rob Ford was elected.

Now the plan is a shadow of the original.

Mayor being 'courted' by provincial opposition leaders

Andrew Horwath
METROLAND FILE

Ontario's political leaders are ramping up efforts to court influential mayors who preside over vote-rich areas of the Toronto region, little more than one year from the election.

A public schism between Premier Kathleen Wynne and Toronto Mayor John Tory has provided the opposition leaders with an opportunity to swoop in and make a play for the support of the leader of a city that holds about two dozen ridings in the 2018 election.

NDP Leader Andrea Horwath met with him Monday, promising that an NDP government would fund one-third of social housing repairs. Tory has been decrying a $2.6-billion backlog in repairs and has slammed the Liberal government for a lack of support in last month's provincial budget.

"We're exhausting the city's contribution of close to $1 billion and I certainly would intend to make sure the people of Toronto know when they come to vote in the election that parties have taken the positions they have," Tory said Monday after welcoming Horwath's commitment.

That meeting comes a week after Progressive Conservative Leader Patrick Brown made overtures of his own at city hall, pledging that if he was premier Toronto would have a partner, though he stopped short of making a specific social housing funding pledge.

The opposition leaders see a window, which Tory has created on purpose by saying he won't endorse any leader in particular, but will endorse policies, said his former director of communications.

"It's kind of like dating," said Amanda Galbraith, now a principal at Navigator Ltd. "He's being courted."

THE CANADIAN PRESS

NEW natural ingredient produces 34% more hair in 8 months!

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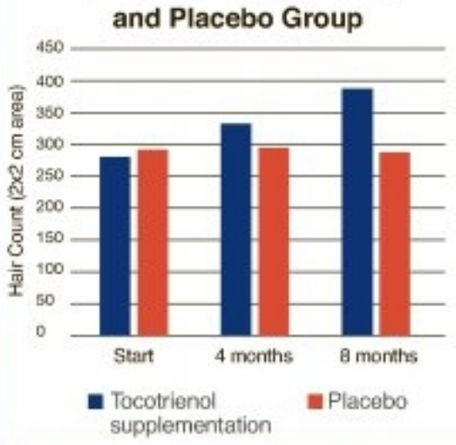
It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.

Hair Count in Study Group and Placebo Group



In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.

Student's brave battle to succeed

ILLNESS

Precilla Veigas given months to live but will become a doctor

Precilla Veigas stands outside U of T Gerstein Science Library on Monday. BERNARD WEIL/TORSTAR NEWS SERVICE

Precilla Veigas was more than halfway through her PhD in medical science when she got the grim diagnosis in September 2015. A rare form of abdominal cancer had spread through her body. Doctors told her she had six months to live; a year if she was lucky.

Veigas had a teenaged daughter, a husband, and a sprawling family in India. She was also engrossed in pursuing the academic goal she'd been dreaming of for most of her life. Colleagues at the University of Toronto raised the possibility of medical leave.

"I said no, I'm not going to do that, I want to finish it," recalls Veigas, 44, who says that despite the shock, staying focused on her research made her feel stronger to deal with the medical nightmare that was about to unfold.

"Difficulties come in life, you can't turn away from them. You have to face them."

Over the next 20 months of hospital appointments, tests and scans, four different chemotherapy treatments, fatigue, pain, swelling, and other disabling side effects, Veigas kept her eye on the academic target.

On Tuesday, six weeks after Veigas successfully defended her PhD dissertation, U of T is holding a first event of its kind — a special convocation for her in advance of the usual June celebrations to mark her achievement.

With her prognosis still uncertain, the school wants to make sure she gets to receive her doctorate in front of family, friends and colleagues eager to celebrate.

"I'm so nervous and excited at the same time," says Veigas, who acknowledges that being called "Dr. Veigas" will be a high point, even though "I'm still Precilla."

"I've always had very strong support," Veigas said on Sunday at her Aurora home, where excited family from Toronto, India and the U.S. were congregating. TORSTAR NEWS SERVICE

SEXUAL ASSAULT

Judge says teen too drunk to consent

A teenage girl who was in and out of consciousness and had vomited on herself was too drunk to consent to unprotected sex with another intoxicated teen at a beach party last year, a Toronto judge said in finding the boy guilty of sexual assault.

Both teens had been drinking with friends for some time and had kissed briefly that April 2016 night, and the boy, who was 15 at the time, testified the girl then asked him to have sex with her, according to court documents.

She, on the other hand, recalled little of the evening and only learned what happened through text messages and social media the next morning, the documents said.

Friends testified during trial that the girl, who was 14 at the time, was drunk to the point of having difficulty walking and talking, with one friend expressing concern she would choke on her own vomit. The boy was also drunk, but not as much, they testified. He told the court he did not believe alcohol had affected his behaviour but noted a friend had commented on his level of intoxication, the documents said.

In a decision released last week, Justice Kimberley Crosbie said she rejected the boy's version of events and his assertion that he did not believe the girl was too drunk to consent to sex.

The boy was "either reckless or wilfully blind to (the girl's) lack of capacity to consent," Crosbie said. TORSTAR NEWS SERVICE

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IN BRIEF

City officials call for budget freeze in 2018

City staff are recommending a 2018 budget freeze as Toronto remains big on ambition but short on cash, city officials said Monday.

When inflation is considered, that freeze would actually see the city's huge budget and the services it funds cut in 2018. A report to budget committee and council asks for the "status quo" in both operating expenses and capital projects. The decision is up to council. TORSTAR NEWS SERVICE

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T.O. becoming lonely city

CENSUS

One-person households increase 8.7% in five years

David Hains
Metro | Toronto

Toronto increasingly lives on its own, according to the latest census data.

There are more one-person households than ever before, and the amount in the 2016 census grew by 8.7 per cent over the previous census taken five years earlier.

"It's part of an ongoing trend for decades," said Michael Wright of Toronto's City Planning division.

"A lot of these one-person households are in the downtown core and city centres," he said, areas of the city that feature much of the growth in highrise apartments.

Households with two people grew by 8.3 per cent, and dwellings with four or more people only grew by 1.5 per cent — significantly lower than the 4.5 per cent population growth for the city as a whole.

Single- and two-person dwellings accounted for almost two-thirds of the city's population growth since the last census.

People who live by themselves need to be well-connected with the city around them to avoid loneliness, says Michael Wright of Toronto's City Planning division. ISTOCK

> **It's part of an ongoing trend for decades.**
> Michael Wright

Wright said people who live by themselves aren't necessarily lonely and that they can be well-connected with the city around them. He pointed to efforts the city has made to improve parks, public spaces and other forms of public engagement.

It's not a frivolous concern. Psychologists recognize loneliness as a health issue, and city planners are increasingly attuned to the needs that come with it.

One 2012 poll showed that 60 per cent of 18–34-year-old Vancouverites often feel isolated. The city put together a comprehensive plan to get people more engaged, including more block parties, the first ever Doors Open Vancouver and a mobile city hall outreach unit.

Others have embraced this loneliness.

In Olivia Laing's 2016 book The Lonely City, she writes that, "Cities can be lonely places, and in admitting this we see that loneliness doesn't necessarily require physical solitude, but rather an absence or paucity of connection."

For Laing, this isolation doesn't have to be negative. "Loneliness is a very special place," she writes, quoting former Beach Boy Dennis Wilson. She argues that loneliness has value too, and can help build a unique relationship between the individual and the city around them.

Housing glut, says report

Don't let the mushrooming condos downtown fool you. There is no housing shortage in Toronto, says new planning research out of Ryerson University.

The draft report, called Protecting the Vibrancy of Residential Neighbourhoods, shows that Toronto is over-housed, with a majority of 140 city neighbourhoods suffering from a stagnant or declining population over the last 30 years — along with most residentially zoned land restricted to single-family detached homes.

The report comes from recent urban planning grad Cheryll Case, along with Tetyana Bailey. When they matched the city's zoning boundaries with recent Census information, the researchers found that 30 neighbourhoods actually declined in population and another 65 were essentially frozen.

While some areas of the city — notably downtown — have boomed, others such as Etobicoke and York are dwindling, as the average household size in Toronto shrunk from 5.22 people in 1986 to 3.85 in 2001.

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Toronto DIGEST

Presto deal struck
Shoppers Drug Mart are to begin stocking Presto cards at stores as of this week.

The electronic fare cards will be on sale at 10 Shoppers locations in Toronto on a trial basis ahead of a planned rollout.

The cards cost $6 and can be loaded with money to pay for trips on 11 transit agencies in the GTHA and Ottawa, including GO Transit and the TTC.

TORSTAR NEWS SERVICE

An Iceland gull. TORSTAR FILE PHOTO

Rare gull spotted
A rare gull, the nominate glaucoides subspecies of the Iceland gull, has been spotted in the flooding on Woodbine Beach, perhaps a silver lining to the high waters on the lake's shore, in pools of water where sand used to be.

TORSTAR NEWS SERVICE

Tory gives bank approval
Mayor John Tory welcomed the federal government's decision to set up its new infrastructure bank in Toronto.

The aim of the bank is to fund infrastructure projects — such as new roads and transit lines — with a mixture of public money and private investment.

Tory was "thrilled" by the decision to open the bank in Toronto, which represents a "real vote of confidence" in the city's financial sector.

TORSTAR NEWS SERVICE

Noisy sleepless nights
Despite living next to the Gardiner, Andreia McLean and Dayo Adebowale were caught off guard Friday night when their Lower Simcoe condo was "shaking" from construction noise.

The pair, who have lived there for two years, said the noise caused by the demolition of the eastbound off-ramp to Yonge, Bay and York Sts. lasted until 9 a.m. Saturday.

"It was all night. I've never heard anything that loud before," McLean said.

TORSTAR NEWS SERVICE

The Pearson raccoon. TWITTER

Famous raccoon tweets
The Pearson airport raccoon is on Twitter!

A "Pearson Raccoon" account (@yyzraccoon) popped up on Saturday to discuss his antics.

He insisted he just wanted to catch a flight, before signing off cheerfully.

TORSTAR NEWS SERVICE

Pride fights to keep funds
Pride Toronto's 2017 grant from the city survived a first test at city hall amid calls to defund the huge annual celebration of gay rights.

Economic development committee members voted unanimously Monday to approve cultural organization grants for Pride after hearing arguments for and against the annual funding.

City council will have final say at its May 24 meeting.

TORSTAR NEWS SERVICE

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More help headed to flood-drenched areas

WEATHER

Safety minister says thousands of troops and sandbags ready

Residents make their way through the flooded streets of Laval, Que., on Monday. RYAN REMIORZ/THE CANADIAN PRESS

Public Safety Minister Ralph Goodale is defending the federal response to flood relief efforts in Ontario and Quebec, saying the Liberals sent troops and resources immediately after hearing provincial pleas for help.

Goodale said the federal government agreed to send military personnel to Quebec "within 30 seconds" of that province asking for help Friday and is now moving 250,000 sandbags into flooded communities around Ottawa after complaints about running out arose on Sunday night.

Goodale said the federal government couldn't send in help on its own — local and provincial officials had to ask first.

That process of responding to a natural disaster will go under review when Goodale meets his provincial and territorial counterparts at the end of the month. Goodale said one jurisdiction or government cannot alone be responsible for responding to a natural disaster.

"These kinds of disasters cannot be pigeon-holed," he said. "It takes a collaborative, all-in kind of approach. That's the best way to protect peoples' lives and livelihoods."

Goodale said every level of government is pulling together to keep people safe in what he describes as a very serious situation.

Some 1,650 members of the military are in, or on their way to flood-ravaged zones of Quebec as part of federal efforts to help communities affected by rising waters.

The minister said the government is reaching out to private sector suppliers to find up to four million sandbags to help protect homes and critical infrastructure. TORSTAR NEWS SERVICE

NATIONWIDE

- More than 1,500 soldiers hit the ground Monday to help Quebecers deal with "historic" flooding.
- Searchers said Monday they couldn't find any signs of a 76-year-old man from the B.C. community of Tappen after a mudslide tore through his home Saturday.
- Flood waters in Gatineau, Que., were rising relentlessly and the military was stepping up sandbagging operations in the community.

CRIME

Criminal 'kosher' first of their kind

For the first time in Canada, the country's food inspection agency has laid criminal charges against a businessman and his company for allegedly trying to pass off run-of-the-mill food as kosher.

The Canadian Food Inspection Agency has charged Creation Foods and its vice-president, Kefir Sadiklar, with sending cheese falsely described as "kosher" to Jewish summer camps in June 2015. The agency alleges forged documents were created to make it seem like the cheese adhered to Jewish dietary laws. The federal food inspection agency said this is the first case it "has brought before a provincial court related to the misrepresentation of a kosher food product."

Sadiklar, 39, is scheduled to make his next appearance in Newmarket court on May 20.

If convicted, he and Creation could face steep fines and even jail time.

TORSTAR NEWS SERVICE

Sajjan still in hot seat

The Senate defence committee released a report Monday blasting the Trudeau government's "political decision" to purchase Super Hornet fighter jets, while all but endorsing the F-35 stealth fighter.

The report came as the Conservatives used one of their opposition days in the House of Commons to focus speeches on Defence Minister Harjit Sajjan's credibility, a debate which will culminate in a largely symbolic vote on Tuesday. Sajjan, a former reserve soldier and Afghan war veteran, has faced days of verbal fire for exaggerating his role in Operation Medusa, a key battle involving the Canadian Forces. The minister apologized, but the Tories say he also misled Canadians on other issues, such as the urgent need for Super Hornets and cuts to tax benefits for soldiers deployed to Kuwait.

THE CANADIAN PRESS

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Travel ban sees another day in court

APPEALS COURT

Federal judges debate Trump's comments

A challenge to President Donald Trump's revised travel ban appears to hinge on whether a U.S. federal appeals court agrees that the Republican's past anti-Muslim statements can be used against him.

The 4th U.S. Circuit Court of Appeals wrestled Monday with whether the court should look beyond the text of the executive order to comments made by Trump and his aides on the campaign trail and after his election in order to determine whether the policy illegally targets Muslims.

The panel of 13 judges peppered both sides with tough questions but gave few clues as to how they might rule. The judges did not immediately issue a decision on Monday.

A federal judge in Maryland who blocked the travel ban in March cited Trump's comments as evidence that the executive order is a realization of Trump's repeated promise to bar Muslims from entering the country.

The administration argues that the court shouldn't question the president's national security decisions based on campaign promises.

"This is not a Muslim ban. Its text doesn't have to anything to do with religion," Acting Solicitor General Jeffrey B. Wall told the appeals court.

The countries were chosen because they present terrorism risks and the ban applies to everyone in those countries regardless of religion, Wall said. Further, the banned countries represent a small fraction of the world's Muslim-majority nations, lawyers for the administration say in court documents.

TORSTAR NEWS SERVICE

BRITAIN CHIPPING AWAY AT EU: BANKSY ON BREXIT Street artist Banksy has come up with a commentary on Britain's decision to leave the EU. Banksy has created a large mural in the British port of Dover showing a workman chipping away one of the 12 stars on the EU flag. His representatives Monday confirmed the work is genuine. THE ASSOCIATED PRESS

FRANCE

Macron aiming to become presidential

France's newly elected president has started taking on his new role, working on the attitude expected of a statesman — a new world for a man with little political experience.

Moments after his victory on Sunday, Emmanuel Macron, 39, slowly walked to the stage in the courtyard of the Louvre Museum in Paris, progressively appearing in the light to the sound of the European anthem Ode to Joy — a very symbolic moment before the crowd of supporters roared.

On Monday morning he appeared side-by-side with outgoing president Francois Hollande.

He campaigned on pro-business and pro-European policies, a risky move when a populist wave recently swept Donald Trump into the White House and led Britain to vote to leave the EU.

In his victory speech, Macron vowed to "rebuild the relationship between Europe and the peoples that make it." He pledged to open a new page for France based on hope. In his political rallies, he encouraged supporters to wave both the French tricolour and the European Union flags, and asked them not to boo his rivals, rather fight their ideas.

Macron did not campaign alone: His wife was never far away. Brigitte Macron, 24 years his senior, is his closest adviser.

Macron and his wife have publicly described how their unusual romance started — when he was a student at the high school where she was teaching in Amiens. A married mother of three at the time, she was supervising the drama club. Macron, a literature lover, was a member.

Macron moved to Paris for his last year of high school. She eventually moved to the French capital to join him. They married in 2007.

Emmanuel Macron and his wife Brigitte in Paris on Sunday. THE ASSOCIATED PRESS

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metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

BLUEPRINT by Sarah-Joyce Battersby and David Hains/Metro

A 'bunch' of solutions

We've all been there. The bus is late and then three come all bunched together. Internally, we scream: "Why can't they just keep to the schedule?" As it turns out, bus bunching is an incredibly complicated problem that transit agencies around the world spend millions to solve.

There are no easy answers, but here are some promising projects:

STRAIGHT TALK

Chicago spent $9 million to upgrade the technology linking drivers to the transit control centre. The city's 1,800 buses were already equipped with GPS to track location and progress, but now the drivers could speak directly to the command centre if they spotted any issues that would throw a wrench in service.

Outcome: In the first three months of the trial, there was a 40 per cent reduction in big gaps.

ANALYZE THAT

Miami teamed up with IBM to crunch real-time data in the hopes of spotting bottlenecks and other issues. The system tackled nearly 20,000 bus runs on four major routes, looking at bus paths, speed and stops to assess the accuracy of schedules and bunching alerts.

Outcome: The system predicted bunches up to 60 minutes ahead of the problem, so buses could be redirected accordingly.

OLD PROS

Toronto's transit agency deployed some of its spare fleet to relieve pressure on two of its busiest routes, the 29 Dufferin and 512 St. Clair. In addition, the schedule was tweaked to reflect the true time of the cross-town trips, and it hired supervisors to expedite departures from the terminal.

Outcome: Short-turns on the Dufferin bus went from 300 per week to 30 or 40. St. Clair went from about 450/week to fewer than 10.

TOSS THE TIMER

Researchers at Georgia Tech told bus drivers to abandon their schedules and just drive with the flow of traffic. In the experiment, buses got back on track by waiting at selected stops or "control points" based on calculations made once the bus arrived there.

Outcome: Gaps self-corrected and the schedule balanced without need for complex intervention. Drivers added it allowed them to focus on driving.

UNSERVICE

Some researchers have toyed with telling passengers they can't board, even when it's not full, in order to pull away from the stop quicker. Their research papers look like chalkboards in A Beautiful Mind. But try telling someone that they can't board a half-empty bus in -40 C because of math.

Outcome: Metro could not find a city that has widely implemented this policy. Instead, all-door boarding offers similar benefits.

PUBLIC WORKS
The week in urbanism

THE MOUTHS OF BABES

A Vancouver park has been renamed Slidey Slides Park after the city opened a naming competition to children. The kids visit the park daily from their daycare centre next door. The winning name beat out tough competition, like Little More Donkeys and Running Star. Submissions were made during story time.

AIRBN-FEE

While some cities grapple with Airbnb, Chicago is harnessing its power. The city charges homeowners using the service a 4 per cent tax , and is putting $1 million raised in the process to help house 100 homeless families.

CITY CHAMP Metro's city builder of the week

Maayan Ziv is a Toronto-based photographer and the founder of the Access Now app, which crowd-sources accessible restaurants, hotels, shops and more in cities across the world. **@maayanziv**

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metro LIFE

Your essential daily news

Netflix has renewed its controversial hit show 13 Reasons Why for a second season

RELATIONSHIPS

Workshops and getaways are helping the heartbroken

Megan Haynes
life@metronews.c

When her two-year relationship abruptly ended a year ago, Leslie Taylor kept replaying the way things went down in her head. Despite having friends to chat with, she often felt no one understood her pain.

The California-based 33-year-old felt like she'd lost herself in the relationship, which made her feel even more alone.

Depressed and desperate, Taylor was willing to try anything. She hunted online for a getaway to help break the lonely cycle, but found nothing to help her heartbreak.

"I was surprised," says Taylor, who asked her real name not be used out of privacy concerns. "People are breaking up every day — you'd think there'd be a giant market for break-up retreats."

Then she came across Renew, a new two-day bootcamp in upstate New York dedicated to mending broken hearts. Founded by Vancouver native Amy Chan, Renew's first retreat was planned for February 2017. Taylor packed her bags and booked her tickets.

"I was willing to try anything," Taylor says. "The camp was really geared at self-reflection and healing. And it was nice to talk about (my breakup) with people focused on helping me."

The heart is a lonely camper

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Chan conceived of Renew in late 2015 after a sudden breakup five years ago, which left her feeling lost, depressed and even suicidal at times. "I tried everything from psychics to therapy to yoga. I spent $2,000 on a yoga retreat in Mexico, but it still wasn't enough," she says. "You name it, I did it. But there was nothing dedicated to healing from a breakup."

It took Chan two years and a move from Vancouver to New York City to recover from her failed relationship. Now based in N.Y.C., Chan, a marketing professional, saw an opportunity in this underserved niche and launched Renew as a side-business.

She plans to run retreats four times a year increasing the frequency as popularity grows.

Hosted at a luxury farm in upstate New York, the tech-free, $1,600 retreat includes nature hikes, meditation, yoga, gourmet meals and one-on-one therapy sessions with a trained psychologist. But the bigger draw might be the group sessions with trained therapists, where participants talk through their failed relationships, analyzing what went wrong, and how to avoid issues in the future.

Renew is now one of a handful of programs that focuses on healing after a split. Others include The Shortcut to Getting Over a Breakup, a four-day Toronto workshop that is spread over the course of a month and costs $200.

The group nature of these retreats is probably the most beneficial aspect of the healing process, says Susan Valentine, a Toronto-based psychotherapist who specializes in relationships.

But she cautions that group retreats, while a useful tool, can mask some underlying issues. First, of course, after the getaway there's a new sense of isolation. Second, people can go into these experiences thinking they'll be healed in two days, when in reality, there is no quick fix to recovering from a split.

"The most helpful thing — beyond getting away — was hearing other people's stories," says Taylor. "There was something about meeting a stranger who has dealt with (the same thing I had) that was incredibly comforting."

TORSTAR NEWS SERVICE

HOW TO MEND

If you can't afford to drop $1,600 to attend Renew or another retreat, here are some helpful ways to mend a broken heart from the bootcamps' founders and other heartache experts.

The science

Did you know that when scanned in an MRI, a heartbroken brain looks the same as that of a cocaine addict looking for a fix? It's important to understand what's happening in the brain when you break up because it'll help you be less hard on yourself, says Joana Lopez, a life coach and founder of The Shortcut to Getting Over a Breakup.

Nix the creeping

Stop browsing your ex-partner's Instagram, says Renew's Amy Chan. "It's not loving to yourself when you're stalking your ex," she says. "You know the outcome of it is you're going to feel bad. But you do it anyways because you're addicted." Find a new habit, like taking a walk or reading a book.

Get active

Find a workout buddy, says psychotherapist Susan Valentine. Beyond releasing endorphins, working out is a good way of breaking out of the wallowing pattern people tend to fall into when getting over love.

BEREAVEMENT

Why Prince Harry's confrontation with grief can aid others

It turned Prince Harry's life into "total chaos." Before his brother, Prince William, and others pointed out what possibly ailed him, it gnawed at him. It remained ever present no matter how hard he tried to ignore it — the grief just wasn't going away.

Growing up, it metamorphosed into anger, depression, possibly even stupidity (anybody recall that swastika-armband costume?) . . . and it wasn't until years after his mother's death that the prince finally spoke up about how he really felt about losing her and the consequences of that trauma. After years of even "refusing to ever think" about her, he finally sought counselling for his grief.

Harry's recent comments on Mad World, a U.K. podcast hosted by journalist Bryony Gordon that covers issues of mental health, has illuminated the problem of grief — ignored, it never goes away. You have to talk about it to deal with it, and even when you do, be prepared that it might never just disappear.

Harry's confession, "marks a real shift in public understandings of grief and mental health," says Julia Cooper, the Toronto author of The Last Word: Reviving the Dying Art of Eulogy, a book examining eulogies, celebrity, grief and the author's own personal experiences of loss.

"That Harry isn't done with his grief might come as a comfort to those who feel like they should be finished grieving, but just can't shake it," says Cooper.

Harry's revelation of having been affected shows us, mere mortals, that even for those who are privileged, "grief is never over, and there is some solace in hearing that there's nothing wrong with that."

This might not be great news for those of us who believe in the five-stages-of-grief model by Dr. Elizabeth Kübler-Ross. This model published in her book On Death and Dying describes the stages as: 1. Denial and Isolation; 2. Anger; 3; Bargaining; 4. Depression; and 5. Acceptance. This model suggests that there's a neat order to grief and that it's possible to get over it.

But as Cooper points out, "(Kübler-Ross's book) has been grossly misread, and she spent the rest of her career trying to explain the nuances of death to a reading public more interested in finding a quick fix for grief."

Cooper says the "five stages were only the first few chapters of a much longer, and quite thoughtful study of grief, which doesn't try to paint over the ugliness of mourning."

During his interview, Harry stressed that talking about grief — and mental-health issues — is just the beginning. He has taken up boxing to deal with anger, he took on mental-health causes — among them, helping vets with PTSD — and he drew solace from that, too. TORSTAR NEWS SERVICE

Prince Harry ISTOCK/CONTRIBUTED

‘Huge improvement’ on opioids

DRUG CRISIS

New guidelines aim to curb use as first-line treatment

Updated opioid-prescribing guidelines released Monday encourage doctors to avoid giving the powerful narcotics as a first-line treatment to patients with chronic, non-cancer pain and instead try other medications or non-pharmaceutical therapies to prevent a host of potential harms associated with the widely used drugs.

Those harms include physical dependence or addiction, as well as the increasingly common risk of fatal overdoses. An estimated 2,000 Canadians died of opioid overdoses in 2015 alone, and initial 2016 data still being tallied suggest the number of fatalities linked to the drugs — both prescription and illicit — could far exceed that figure.

“It really comes down to the paradox of trying to provide important relief for patients dealing with unrelenting chronic pain while at the same time balancing the risks associated with the medications,” said Dr. Jason Busse, a researcher at the National Pain Centre at McMaster University and lead author of the 10-recommendation document.

For patients whose chronic pain is not controlled with non-opioid therapy, the panel of experts that developed the guidelines says dosages of opioids like oxycodone, hydromorphone and the fentanyl patch should be restricted to less than the equivalent of 90 milligrams of morphine per day, and ideally to less than 50 mg.

Physicians treating patients already taking the equivalent of 90 mg of morphine or more should consider incrementally tapering their daily intake to the lowest effective dose, and even discontinuing the potent medications, the panel recommends.

“Estimates are somewhere between half a million and a million Canadian adults are currently on long-term opioid therapy for chronic pain, often at very high doses,” Busse said.

“And when you go on long-term opioid therapy, you will inevitably develop physical dependence. And opioids also become less effective the longer that you take them,” leading many patients to seek higher and higher doses to achieve relief so they can function in their daily lives, he said.

The new guideline document, published in the Canadian Medical Association Journal, provides much stronger and more detailed advice than a previous version released in 2010, which suggested doctors could use a “watchful dose” of the equivalent of 200 mg of morphine daily.

“After 2010, there was not the kind of impact on opioid prescribing that I think people were hoping for,” Busse said. “There was a little bit of a downtick, but maximum doses of opioid prescribing went up, admissions for hospital-related opioid toxicity went up, and death rates have continued to climb as well.”

Moreover, 40 per cent of recipients of long-acting opioids were receiving the equivalent of more than 200 mg of morphine daily, while 20 per cent were getting more than 400 mg.

Dr. Irfan Dhalla, a practising Toronto physician and vice-president of evidence development and standards for Health Quality Ontario, called the new guidelines a “huge improvement.” THE CANADIAN PRESS

An estimated 2,000 Canadians died of opioid overdoses in 2015 alone. THE CANADIAN PRESS

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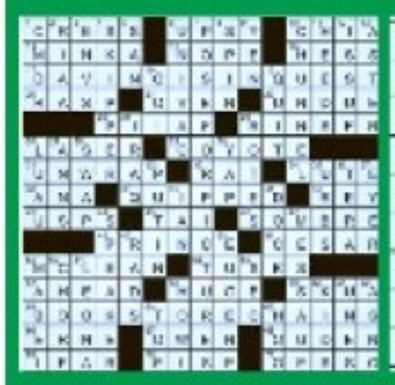

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Hawkins gets back Into the Water

INTERVIEW

The Girl on the Train author feels pressure of her success

Paula Hawkins' The Girl on the Train sold 19 million copies worldwide. MATT DUNHAM/AP PHOTO

Elizabeth Gilbert opens her famed TED Talk on the perils of success with an anecdote about a pair of "tiny, old, tough-talking Italian-American broads" approaching her at JFK airport and asking if she had something to do with the Eat, Pray, Love phenomenon.

When Gilbert replied affirmatively, one turned to the other and said, "See? I told you! I said that's that girl! That's that girl who wrote that book, based on that movie . . ."

Gilbert was in the enviable position of having achieved fame, fortune and a place in the cultural zeitgeist, and in the unenviable position of being expected to somehow repeat this staggering success.

This is the exact place that Paula Hawkins now finds herself. Having penned The Girl on the Train, a psychological thriller that sold 19 million copies in 50 different countries and went on to become a Hollywood blockbuster movie starring Emily Blunt — not to mention helping birth a wildly popular new literary genre known as "grip-lit" — Hawkins faced the formidable prospect of having to follow it up.

"It is easier because I kind of know what to expect more than I did last time," she says, reached on the phone to talk about her new novel, Into the Water. "But, yes, as you say, there's probably a lot more attention around it this time, because of what happened last time. So from that perspective, I'm probably a bit more circumspect."

Her new title, Into the Water, is a gripping suspense tale about two sisters in an English town with a troubled past. When Nel Abbott is found dead in the river, Jules arrives to take charge of Nel's teenager, Lena. As she learns more about Nel's presumed suicide — and many others like it in the town's dark history — Jules begins to question everything she knew about her sister, their childhood and the place they call home.

"I wanted to write something about family and about sibling relationships," she says, "and particularly about this idea that you have memories of your childhood, which are very clear to you and very important to you, and as an adult you will discuss those memories with someone in your family and realize that they have a completely different view."

The smash success of Girl transformed Hawkins into an international sensation. And, of course, set extremely high expectations for Into the Water.

"All I could do is just focus on the book in hand, and try and write that in the best way I could," Hawkins says. "I tried to shut out all the noise, and tried very hard not think about the fact that this was obviously going to be talked about a lot."

TORSTAR NEWS SERVICE

Gossip DIGEST

MTV awards break barriers

Film hit Beauty and the Beast and Netflix newcomer Stranger Things were the night's big winners with two trophies apiece as MTV partied with its Movie & TV Awards show. For this, the 26th edition of what was formerly the MTV Movie Awards, TV was added to the mix. But the awards had another trick up its sleeve, introducing a policy of breaking down gender barriers, as men and women competed jointly in the acting categories. Beauty and the Beast was Movie of the Year, with its star, Emma Watson, the Best Actor.

Clinton teams up with Patterson

Former U.S. president Bill Clinton and bestselling novelist James Patterson are collaborating on a thriller, The President is Missing, to come out June 2018. The President is Missing is the first work of fiction by Clinton, whose best-known book is the million-selling My Life. THE ASSOCIATED PRESS

ADVERTISING FEATURE

DEPRESSED? A PRESCRIPTION TO RUN MAY HELP

Mental illness touches all Canadians at some time, either directly or through the experiences of a family member, friend, colleague.

In Canada, one in five people have experienced mental illness. Globally, depression is expected to be the leading cause of disability by 2020, with females at a greater risk.

Treatment may involve medications or talk therapy, but certain lifestyle factors can also help. A simple way to help manage mental health issues that is accessible to everyone is exercise. Canadian clinical guidelines now recognize aerobic exercise as a first line treatment for mild to moderate depression.

Dr. Valerie Taylor, Psychiatrist-in-Chief at Women's College Hospital in Toronto shares tips on ways to manage stress and anxiety.

1. Eat healthy: Be conscious of sugar, alcohol and caffeine intake. It can affect sleep, lower your mood and make you feel irritable.
2. Relax: Whether it's through meditation or deep breathing exercises, research shows relaxation techniques can have an effect on the brain's neural pathways, making you more resistant to stress.
3. Exercise: Studies show raising your heart rate for at least 25 minutes can have the same effect on your brain as an anti-depressant drug. That is because it enhances the action of endorphins and releases feel-good brain chemicals that can ease depression while reducing immune system chemicals that can worsen depression.

"In some cases, I prescribe running because it can have a big impact," says Dr. Taylor.

The annual SHOPPERS LOVE. YOU. Run for Women, organized in partnership with The Running Room, is Canada's first and only women's and girls' running race series benefitting women's mental health initiatives across the country.

The Toronto run will take place on June 10, 2017, and participants can choose between a 10K or a 5K run or walk; there is also a 1K little steps walk for kids. Proceeds raised will benefit women's mental health programs at Women's College Hospital. To register for the run, visit runforwomen.ca.

SHOPPERS DRUG MART

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SCHOOL PRIORITIZES ACCESS TO EDUCATION

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In its commitment to support lifelong learning, Centennial College now facilitates 1,300 part-time and online courses and programs.

And, says Jo Booth, senior manager of the college's Centre for Part-time and Online Learning, how those offerings are being delivered is just as important as their content.

"We have face-to-face, online and hybrid offerings, which are completed through a combination of online and in-person learning, and we still also offer print-based courses," says Booth. "When we talk about part-time learning, we are talking about learners who are typically juggling various responsibilities and don't always have the option of coming into a classroom so we want to ensure they can access education in a variety of ways."

And while some schools are phasing out print-based correspondence programs, Booth says Centennial still sees a need to ensure it still offers the option for learners such as those who may live in remote locations and not have reliable access to the Internet or incarcerated learners.

New offerings, meanwhile, are routinely added to Centennial's roster of part-time and online options. Additions, says Booth, are based on a range of factors including demand in the local marketplace, emerging careers or specializations for which there will be a demand in the near future, and feedback from industry and faculty.

"What we add really depends on what is going on with the people in the community," says Booth. "We recognize that if you are coming out of university you might need specialized, practical knowledge to target the career of your choice and if you have been in the field you might be looking for a promotion and need to update your skills so we constantly add professional programs. But you might also be looking for personal enrichment courses. That's why Centennial has such a wide and deep range of part-time and online offerings."

For the fall 2017 semester, the college will launch various part-time programs, among which will be 3D printing and part design, and business system analysis.

It will also add to its standalone part-time courses with offerings such as cyber security and introduction to mobile marketing.

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in shape, or you could work as a financial administrator in a small company, helping the business owners make financial decisions that matter.

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THINKING ABOUT AN MBA? SPEAK DIRECTLY TO SCHOOL REPRESENTATIVES

When the QS World MBA Tour stopped in Toronto this February, Ali Zafar knew he wanted to pursue his business of master administration (MBA) but had not yet begun the process of choosing the institutions to which he would apply. With the Tour bringing together the world's top business schools, he got the opportunity to do just that.

"The fair made the research part of my MBA journey much more convenient," says Zafar, a former journalist, of the event, which returns to Toronto on May 14. "I got in touch with an array of institutions all under one roof and many other schools reached out via e-mail. I also learned about opportunities and specializations that I had missed out on through my own research." Facilitated by QS, a global provider of specialist higher education and careers information and solutions, the Tour gives attendees the opportunity to meet with admissions directors and other school representatives, attend informative MBA admissions and GMAT seminars, and network with alumni.

"If you're thinking about an MBA, it's critical to get out there and speak directly to reps from the many schools offering MBAs to let them know you're interested in the program and also see which school would best meet your needs as an MBA student," says Zafar. "I found the tour a great place to start that dialogue."

For more information, visit topmba.com/events.

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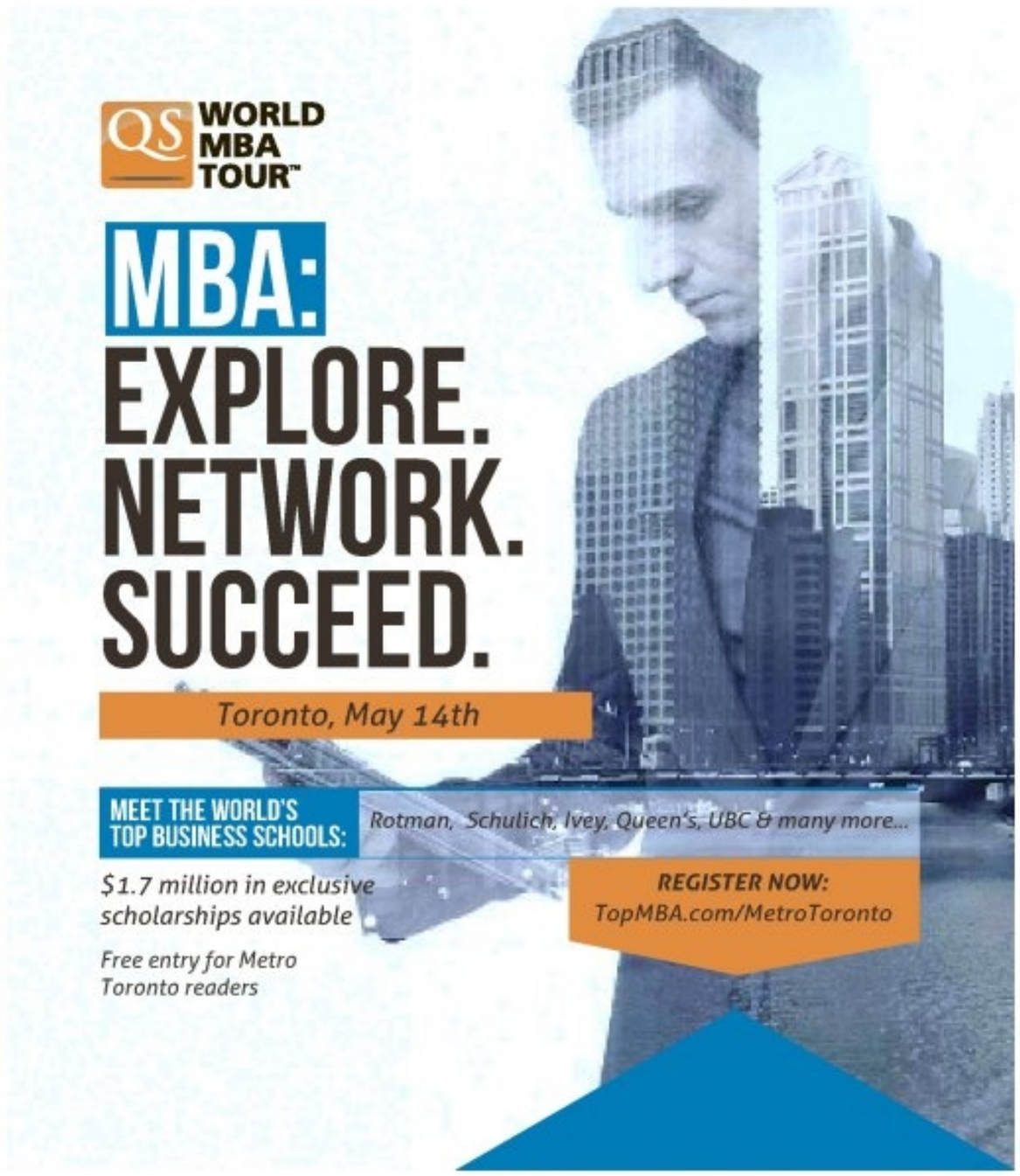

TORONTO STAR thestar.com OFFICIAL NEWSPAPER OF TORONTO FC

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metro SPORTS

Eugenie Bouchard, who was outspoken against Maria Sharapova's return from a doping ban, beat the Russian 7-5, 2-6, 6-4 at the Madrid Open

IN BRIEF

Chelsea on cusp of winning Premier League title

Chelsea is one win away from taking the English Premier League title after beating Middlesbrough 3-0 on Monday.

The Blues have the chance to claim their second league title in three seasons when they face West Brom on Friday. They moved seven points clear of second-placed Tottenham, and all but consigned Middlesbrough to relegation.

THE ASSOCIATED PRESS

Moor returns to training after health scare

Toronto FC defender Drew Moor was back on the field Monday, albeit working out on his own.

Life is returning to normal for the 33-year-old Texan whose soccer career was briefly put on hold due to a cardiac arrhythmia — or irregular heartbeat — that was noticed by team staff during a training session in advance of an April 15 game in Columbus against the Crew.

Moor subsequently underwent a 3-1/2-hour procedure in Boston called an ablation to restore normal heart rhythm. THE CANADIAN PRESS

Blue Jays welcome back an old friend

MLB

Encarnacion remembers his good times in Toronto

It was like old times for slugger Edwin Encarnacion on Monday afternoon at Rogers Centre.

He shot the breeze with Blue Jays manager John Gibbons by the batting cage before the game, playfully slung his arm around good friend Jose Bautista, and signed autographs for fans.

The only difference was this time he was wearing a different shade of blue as a member of the Cleveland Indians.

"Eddie did a lot for this town and this franchise, period," Gibbons said. "And he's one of the good guys too."

Encarnacion spent parts of eight seasons in Toronto and expressed an interest in re-signing with the team as a free agent. However, the two sides couldn't agree on a deal in the off-season and Encarnacion eventually inked a $60-million US, three-year contract with the Indians.

Edwin Encarnacion catches up with Jose Bautista during batting practice on Monday. NATHAN DENETTE/THE CANADIAN PRESS

"I'm really excited to be here," Encarnacion said before Monday night's game against his former team. "This is a city that opened its doors to me and gave me the opportunity to have the career that I've had."

Encarnacion made his big-league debut with Cincinnati and spent four-plus seasons with the Reds before being dealt to Toronto in 2009. He had a breakout year in 2012 with 42 homers and 110 RBIs and has been one of the sport's top sluggers ever since.

"I have a lot of really good memories," Encarnacion said via a translator. "But what I remember the most is being in the playoffs and our final playoff run."

The 34-year-old helped kick-start Toronto's 2016 post-season run with a walkoff homer in a win over the Baltimore Orioles in the American League wild-card game. The Blue Jays made it to the AL Championship Series for the second straight year before falling to the Indians.

> **"This is a business. The (Blue Jays) did what they needed to do and I did my part and I went to where the door was open to me.**
>
> Edwin Encarnacion

Encarnacion belted 42 homers last season and had 39 the year before, with his familiar 'Ed-Wing' home run trot — as if a parrot were on his arm — always a crowd favourite.

Now Encarnacion is one of the anchors on an Indians team that made it to the World Series last year and is back on top of the American League Central division this season.

"It's a team that does their very best in every single game," he said. "And I'm here to give my best to them."

THE CANADIAN PRESS

Go to metronews.ca for coverage of Monday's game.

NBA

Raptors' summer play with Lowry

Kyle Lowry will officially opt out of the final year of his contract with the Toronto Raptors to become an unrestricted free agent on July 1.

He will have the entire NBA to investigate. The Raptors, meanwhile, will have a few options. Here are three:

Pay Lowry large: Lowry could get a five-year deal worth about $200 million to stay in Toronto. That's a large chunk of change for a 31-year-old but it might be how far the Raptors have to go if they want to keep him.

Roll with what they have: Letting Lowry walk won't bring anything back in return and it opens the question of whether the Raptors would be fine going with Cory Joseph, Delon Wright and Fred VanVleet as their point guard troika.

Hit the trade market: Easier said than done but since it's virtually impossible for Toronto to clear cap room to sign a player of similar stature to Lowry, they may try to package other assets — perhaps Jonas Valanciunas or a young guard — to fill the void. TORSTAR NEWS SERVICE

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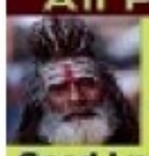

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MAKE IT TONIGHT

Zesty Grilled Corn and Green Bean Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This year-round salad is a satisfying reminder of summer flavors with generous bites of sweet corn.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves: 4

Ingredients
- 1/4 cup extra virgin olive oil
- 3 tablespoons rice wine vinegar
- salt and pepper
- 4 ears of sweet corn, grilled or 2 cups frozen corn, cooked
- 1 pound green beans, blanched and cooled
- 1 red pepper, diced
- 1/2 red onion, thinly sliced
- 1/4 cup feta cheese

Directions

1. Prepare vinaigrette by whisking together oil and vinegar with salt and pepper. Set aside.

2. Cut corn kernels from cob and chill. In the meantime, put beans, red onion, red pepper and feta in a large bowl. Add corn and then drizzle with vinaigrette and toss. Sprinkle top with feta and serve.

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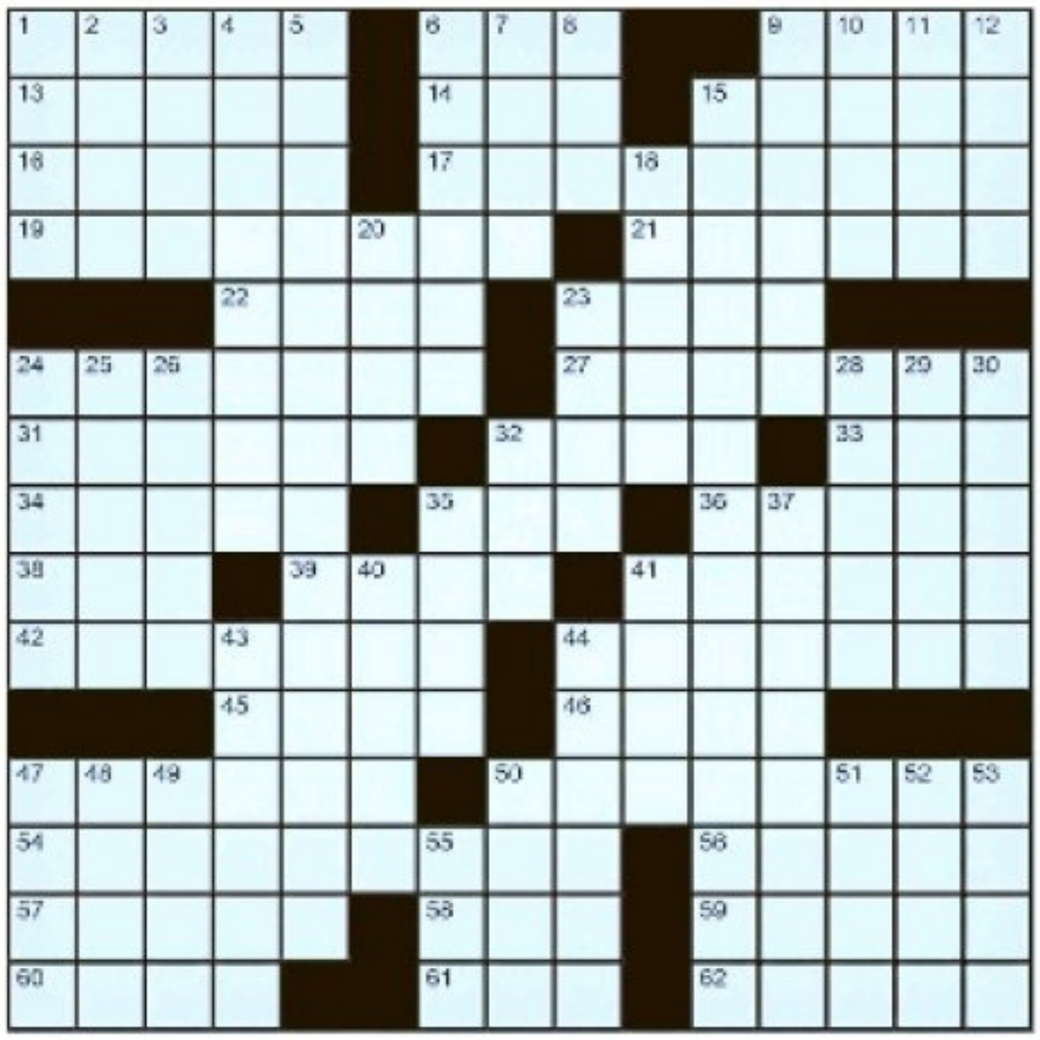
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Discard
6. Fortify
9. Lettuce variety
13. Actor Peter O'Who?
14. Romance
15. Free: French
16. Buzzing
17. "So sorry."
19. Friend to Melba Toast: 2 wds.
21. Commencement
22. Egyptian river
23. Triad
24. Wagon train, for example
27. Book a table
31. Mazda models
32. Pedestal
33. __-en-Provence, France
34. Bay window
35. Limo passenger
36. Nero's 1951
38. Canadian cap.
39. "Downton Abbey" job
41. Dr. William __ (Noted footcare specialist, b.1882 - d.1968)
42. "Zippo.": 3 wds.
44. BC-brewed beer
45. Sweet'__ (Sugar substitute)
46. Mideast chieftain
47. Baroque composer Mr. Albinoni
50. Tom Cochrane's Manitoba birthplace: 2 wds.
54. The Who's Tommy: 2 wds.
56. Negatives, in Hamburg
57. Composer Irving Berlin's writer wife
58. Just dandy
59. "And now, the __ __..." - Paul Anka, "My Way"
60. Hamilton-born ballet great Karen
61. Clinic pros
62. "Say __ __ the Dress"

DOWN
1. Hollywood headliner
2. Mozart opera, __ Fan Tutte
3. Campus mil. program
4. Extraterrestrially estrange
5. Honoured Member of Canada's Sports Hall of Fame killed in WWI in France at the age of 36. The Alouettes' home field is named in his honour: 2 wds.
6. Respond to the alarm clock
7. Anchor's attachment
8. Cow's call
9. Human's hallux: 2 wds.
10. Wading bird
11. Marcia's "Desperate Housewives" character
12. Greatest
15. Member of Canadian women's rights group The Famous Five: 2 wds.
18. Knowledgeable traditions
20. "Such a shame."
23. Pitfall
24. Wings hit: letter + wd.
25. __-__-surface missile
26. "Thing Called Love" singer Bonnie
28. 1925: Ben-Hur silent film portrayer Mr. Novarro (b.1899 - d.1968)
29. Montreal's Place __ Marie
30. Deport
32. Auction action
35. Opinion
37. Princess __ (Prince Albert of Monaco's wife)
40. Mr. Desai of "American Idol" Season 8 in 2009
41. 'Sleep'-meaning prefix
43. Vancouver-born actor Hayden Christensen's 'Star Wars' flicks role, __ Skywalker
44. Inuit crafts
47. Long journey
48. Dancer in "Return of the Jedi" (1983)
49. 1151 in ancient Rome
50. Scientology founder, _. __ Hubbard
51. Assists
52. Produce a pullover
53. 'Happy Motoring!' sloganeer
55. __-nose-throat doctor

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you can see new ways to make money. You might even see new uses for things you own, because you're in a resourceful frame of mind.

Taurus April 21 - May 21
Take a realistic look in the mirror to see what you can do to improve your appearance, because you can do this today. You might even see ways to improve your health.

Gemini May 22 - June 21
Any research you do will get results today, because you have the ability to see the subtext of things. Nothing will escape your X-ray vision.

Cancer June 22 - July 23
You might attract someone powerful today. This person might influence you to change your future goals. Possibly, you will influence someone else.

Leo July 24 - Aug. 23
You will have a strong footing in your relationships with parents, bosses and VIPs today. Have confidence in yourself; people will listen to what you have to say.

Virgo Aug. 24 - Sept. 23
You might see a new way of looking at something, particularly when discussing religious, political or racial issues. Your point of view can grow and mature today.

Libra Sept. 24 - Oct. 23
Trust your ability to come up with a better arrangement regarding shared property, inheritances, taxes or debt. You are so resourceful today.

Scorpio Oct. 24 - Nov. 22
Look for ways to improve your closest relationships and partnerships, because this is possible today. You will see ways to make improvements.

Sagittarius Nov. 23 - Dec. 21
Don't hesitate to make suggestions about introducing reform where you work. Likewise, today you might see a way to improve your health.

Capricorn Dec. 22 - Jan. 20
You are in a resourceful frame of mind today. You can apply this to any creative activity, especially involving the arts, music or sports, or even working with children.

Aquarius Jan. 21 - Feb. 19
Look around you and see what you can do to make improvements and repairs where you live. This is a good day to think about how to fix up your digs.

Pisces
Feb. 20 - March 20
Your powers of concentration are excellent today, which is why you can solve problems and see solutions that normally might be hidden from you. with others will be powerful.

CONCEPTIS SUDOKU by Dave Green

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